

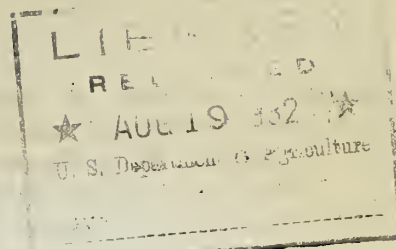
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WESTERN HOMEMAKERS' CALENDAR



RICE FOR SUMMER MENUS

A radio talk delivered by Jean Stewart, Home Economist, Bureau of Home Economics, United States Department of Agriculture, during the Western Farm and Home Hour Thursday, August 4, 1932, through Station KGO and nine other stations associated with the NBC-KGO network, Pacific Division, National Broadcasting Company.

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That good and economical food, rice, is the subject under discussion this morning, because it's a food that deserves a place in your summer menu. Rice combines well with many foods in season during the summer, it's appetizing to look at and it's very adaptable. You can serve it at breakfast, dinner and supper and in so many different ways. The nutritionists tell us that rice is one of the cereals which, combined with milk, is the basis of the most economical and balanced diets possible to devise.

As you probably know, rice is one of the important cereal crops of our Southern States. It sells in the retail market in bulk for 3 to 5 cents a pound. And one pound of rice cooked makes more than ten cupfuls. In other words, about two cupfuls of dry rice, costing perhaps five cents or less, makes ten cups of boiled rice, enough to serve ten people generously.

Now let's consider a few of the many ways to serve rice. Let's begin at the breakfast table. For breakfast, rice makes a good cooked cereal, with or without fruit, as you please. For variety, you can cook the rice in milk instead of water. That will make a creamy dish of high food value and help put more milk into the family's diet.

As we mentioned a minute ago, rice is a most adaptable food. It is good served by itself, or combined with different foods. For lunch or dinner, it's excellent in soup. For the main course, you can use it instead of potatoes as the starchy dish. Yes, for a change from potatoes, I don't know anything better than a steaming hot dish of white fluffy rice, cooked so that every little grain is tender yet in perfect shape. You can serve boiled rice just as you do potatoes -- with butter or gravy.

As for the good combinations of rice with the other foods -- I can't begin to tell you half of them. Rice is delicious combined with chopped ham or other chopped meat; scalloped with cheese or served with cheese sauce; or combined with different vegetables. Rice with tomato sauce is a favorite dish. So is rice combined with stewed tomatoes and chopped green peppers, or rice with green peas. Then there are rice croquettes and corn muffins made with boiled rice.

As for dessert, there again you can feature rice in a number of different ways. That good old-fashioned dish -- baked rice pudding with raisins,

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deserves mention. A simple dessert for the children is simply plain boiled rice with cream and maple sugar. Boiled rice is also good with fruit or chocolate sauce. Then there's rice custard, rice molded and served with preserved or fresh fruit, rice fritters served with jelly -- in fact, there are more delicious ways to serve rice than I can mention.

It's not just its low cost that makes rice a thrifty food. Rice is a great help in using up left-overs. You can use it instead of bread crumbs in making meat loaf or any scalloped dish, or you can combine it with left-over bits of meat and gravy. You can use boiled rice for stuffing. It's very good for stuffing tomatoes and peppers. Some cooks like it for stuffing meat and fowl. Because rice is a bland food, it combines well with almost any other food that has a decided flavor.

You might suppose that anyone could boil rice without going wrong. But actually there's an art even to this seemingly simple process. Boiled rice can be a heavy sticky mass. The kernels can come out of the cooking water, gummy on the outside and hard and raw at the center. But ideal boiled rice is light and white or creamy white. Every grain is tender all the way through, but unbroken and separate from every other grain. There's nothing at all sticky about properly boiled rice.

How to cook rice perfectly? First, allow two quarts of boiling water to every cup of rice. Put the water in the kettle; let it come to a boil, then drop in the rice gradually and let it boil gently until it's tender. By the way, if you buy rice in bulk, wash it off in clear water before you put it on to cook. When the rice is tender, drain off the cooking water and pour clear water over the rice to remove any starch that may stick to the grains.

In some parts of the country the minerals in the water may give the boiled rice a grayish or greenish color. A pinch of cream of tartar in the cooking water will prevent this.

As you may have guessed, the menu today features rice. The menu is a summer dinner -- a summer Sunday dinner, or at least, a dinner for company. Here it is: Chilled melon cup for the first course. Then broiled chicken; Fluffy boiled rice; Cream gravy; Baked cucumbers; Spring salad; Crisp rolls and, for dessert, Lemon sherbet.

I'll repeat that menu. Chilled melon cup; Broiled chicken; Rice with cream gravy; Baked cucumbers; Spring salad; Crisp rolls; and, for dessert, Lemon sherbet.